



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01240, Ice cream cone, chocolate covered, with nuts, flavors other than chocolate

Report Date: July 16, 2017 17:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	37.43	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kcal	354	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Energy	kJ	1482	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Protein	g	5.21	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Total lipid (fat)	g	21.88	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Ash	g	1.11	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carbohydrate, by difference	g	34.38	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary	g	1.0	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Sugars, total	g	25.00	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Minerals													
Calcium, Ca	mg	63	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Iron, Fe	mg	0.00	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Magnesium, Mg	mg	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Phosphorus, P	mg	108	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Potassium, K	mg	222	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Sodium, Na	mg	94	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Zinc, Zn	mg	0.86	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Copper, Cu	mg	0.128	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Manganese, Mn	mg	0.194	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Selenium, Se	µg	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fluoride, F	µg	4.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Thiamin	mg	0.108	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Riboflavin	mg	0.252	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Niacin	mg	0.829	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Pantothenic acid	mg	0.438	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-6	mg	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, total	µg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folic acid	µg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, food	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, DFE	µg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Choline, total	mg	23.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-12	µg	0.36	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin A, RAE	µg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Retinol	µg	31	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carotene, beta	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin A, IU	IU	104	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lutein + zeaxanthin	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D (D2 + D3)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D	IU	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin K (phylloquinone)	µg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lipids													
Fatty acids, total saturated	g	11.458	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
4:0	g	0.281	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
6:0	g	0.197	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
8:0	g	0.148	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
10:0	g	0.235	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.254	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
14:0	g	0.948	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
16:0	g	4.933	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
17:0	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:0	g	4.204	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:0	g	0.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:0	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fatty acids, total monounsaturated	g	7.340	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
16:1 undifferentiated	g	0.185	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
17:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:1 undifferentiated	g	7.140	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:1	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	1.657	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:2 undifferentiated	g	1.408	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:3 undifferentiated	g	0.249	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Cholesterol	mg	21	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Caffeine	mg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Theobromine	mg	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011